



## Profiles in Wellness



### Eileen Hayward

#### South Carolina

After 25 years of teaching, I was retired on a disability pension in 1976 due to allergic reactions to antibiotics. I quit smoking, and underwent a lifestyle change that included a regimen of exercises classes, taking tennis lessons, and modified my diet, with emphasis on low-fat and low cholesterol foods. In 2004, I lost 20 lbs. over a period of 6 months by changing my diet and exercising.

Having developed osteoarthritis in my 60's, I began low intensity water exercises. Because of stenosis, I have now added walking, weights, and the exercycle 2-3 times a week. Upon awakening I do stretching exercises for mobility. In addition, I visit the acupuncturist and chiropractor on an as-needed basis.

This modified lifestyle has given me the energy to devote the last 25 years to volunteer service, which includes forming Alzheimer's Support Groups; legislative work; serving on SC Advisory Council on Aging; MUSC Geriatric Development; and Clemson University Gerontology Research Team.